



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 15045, Fish, lingcod, raw

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	81.03	181	0.066	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Energy	kcal	85	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Energy	kJ	356	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	17.66	173	0.078	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Total lipid (fat)	g	1.06	--	0.143	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Ash	g	1.21	174	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
<strong>Minerals</strong>													
Calcium, Ca	mg	14	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Iron, Fe	mg	0.32	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Magnesium, Mg	mg	26	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	201	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Potassium, K	mg	437	95	2.904	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Sodium, Na	mg	59	95	1.020	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Zinc, Zn	mg	0.45	78	0.013	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Copper, Cu	mg	0.027	75	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Manganese, Mn	mg	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Selenium, Se	µg	36.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Thiamin	mg	0.030	--	0.006	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Riboflavin	mg	0.114	--	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Niacin	mg	1.900	--	0.179	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Pantothenic acid	mg	0.750	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Vitamin B-6	mg	0.300	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folate, total	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folate, DFE	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	3.60	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Vitamin A, RAE	µg	15	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Retinol	µg	15	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Vitamin A, IU	IU	50	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
<b>Lipids</b>													
Fatty acids, total saturated	g	0.197	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
4:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/1995
14:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/1995
16:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/1995
18:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/1995
Fatty acids, total monounsaturated	g	0.350	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/1995
18:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/1995
20:1	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/1995
Fatty acids, total polyunsaturated	g	0.300	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
18:2 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/1995
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/1995
18:4	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/1995
Cholesterol	mg	52	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
<b>Amino Acids</b>													
Tryptophan	g	0.198	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Threonine	g	0.774	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Isoleucine	g	0.814	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Leucine	g	1.435	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lysine	g	1.622	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Methionine	g	0.523	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine	g	0.189	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phenylalanine	g	0.689	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Tyrosine	g	0.596	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Valine	g	0.910	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Arginine	g	1.057	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Histidine	g	0.520	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Alanine	g	1.068	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Aspartic acid	g	1.808	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glutamic acid	g	2.636	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glycine	g	0.848	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Proline	g	0.624	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Serine	g	0.720	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2014